

***United States Court of Appeals
for the Second Circuit***



**APPELLANT'S
BRIEF &
APPENDIX**

77-7038

UNITES STATES COURT OF APPEALS
FOR THE EASTERN DISTRICT

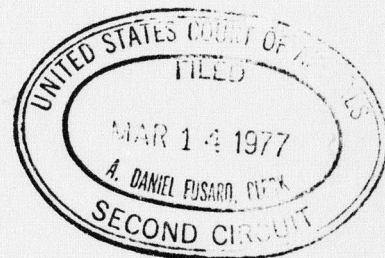
and Appendix
BRIEF ON APPEAL

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P/S
MAR 14 1977

LINDEN - v - NOVICK

76 Civ. 4404 Judge Morris Lasker

Millicent Linden, Pro se
Plaintiff-Appellant
500 East 74th Street
New York, New York 10021
BU.8-9453



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UNITED STATES COURT OF APPEALS
FOR THE EASTERN DISTRICT

MILLICENT LINDEN,

76 Civ. 4404

Plaintiff-Appellant,

Judge Morris Lasker

- v -

NATHAN NOVICK,

BRIEF ON APPEAL

Defendant-Respondent.

Dear Sirs:

Plaintiff, pro se, Millicent Linden, duly swears to the full truth of the following as contained in all original records in the SUPREME COURT OF THE STATE OF NEW YORK, the APPELLATE TERM, the APPELLATE DIVISION, and the CIVIL COURT OF THE CITY OF NEW YORK:

Defendant, Nathan Novick, D.C., did, on September 17, 1973, wantonly, deliberately perform the act of injury upon plaintiff with intent to maim with malicious premeditation; defendant, Nathan Novick, does so state under oath in his own words on the witness stand before the court of Judge David Stadtmauer in Civil Court in August, 1974, for three days: the 14th, 15th and 27th.

Annexed herein are directly pertinent excerpts from the transcripts of the court minutes of said defendant's own testimony. The full transcripts are in the original court records, and the passages of cross examination of the defendant-witness are also contained in the original records which focus especially on the annexed excerpts as part of plaintiff's responses to both defense attorney's demands in the Bill of Particulars and the court mandates written in those orders specifying said response - demand and satisfaction having been done with each new request for the same thereby enlarging the original record with the same transcripts in in excerpts.

Defendant's act of injuring consisted of twisting the left knee while holding and pushing upward the left heel and without any form of stabilization of the pelvis. The knee was placed in an outward direction away from the body and the heel was raised upward while the knee was being pushed outward. There was instant pain at the time of the act; plaintiff told defendant: "It did not feel right". Defendant replied: "Yes, I know".

Within five minutes, plaintiff was unable to walk a few short blocks toward uptown away from defendant's office on West 43rd St., just off Fifth Avenue.

Plaintiff's initial treatments by defendant were for the reason of trauma to the lower mandible, the joint of the jaw, which had resulted in subluxation of the cervical vertebrae. Defendant had been treating plaintiff for the period of one year prior to the time of the aforementioned act of injury.

During that period, plaintiff was active as a free-lancer in an original program entitled: TENSION-in-REPOSE, the result of research from the works of LEONARDO DA VINCI, ARCHIMEDES, etc. The T-in-R system is an active physical program embracing the laws of motion at large in the universe, fundamental to all movements. Essentially, it is a matter of translating such commonplace, universal principles as "gravity and levity being drawn into each other; neither one acting without the other" (simultaneously); the application of the concave curve as a prerequisite prior to such movement, the rational stemming from the first master design of all life forms prior to birth, and the fact that every storm has a calm center, the major, first design being that of circular patterns, as in an atom, or wheel, or solar system, galaxy, planet, cells, etc. These laws were translated for the human body and mark an opposite direction of traditional systems in that

T-in-R engages a forward design to resemble the embryonic circle facing its umbilical center, while traditional systems, each and every one throughout history, emphasize a backward action away from the center, the rationale used being that alleging to "straighten-up" and push out the chest for height, and moving away from the familiar exhortation to "stop slouching". T-in-R uses the universal fact that all life stems from the CONCAVE CURVE, that "straightening-up" is a matter of reaction to the action of the concave curve, arching the spine, the whole backbone as all babies and animals do periodically for seconds during their working, waking day, to ease normal or excess tensions, and to refresh energies and dispel fatigue. The human anatomy is the first and only species in the history of life on earth with a convex curve, the lordotic curvature in the middle of the back, as it is the first in the upright posture, and only one minute old in geologic time, with major adjustments made, but more to be made in the continuing evolution of the species, so that the human anatomy may one day stand at a right angle to the surface rather than the common, worldwide acute angle among all human beings.

These facts have a pertinency to the act of injury by defendant.

Defendant's treatments for the trauma to the jaw and neck bones in the course of the year were beneficial, and added dimension to the above research program and facts. However, defendant did on occasion voice his disagreement that any human anatomy can be symmetrical, that a human body can only have a biological balance, in degrees and dynamically. Under his professional observation, defendant was witness to extraordinary results taking place; plaintiff, combined with T-in-R and nerve flexing by defendant and adjustments of the bones, was progressing to new, unprecedented developments, such as gaining increased symmetry which in turn lent itself towards to a sense of

unprecedented body buoyancy, a result of anatomical syymmetry from the evolvment of enhanced inner equilibrium which only universal laws and evolutionary forces can render.

Plaintiff never again discussed symmetry, not even in passing; defendant had seen "radical improvement" in the curvature of one of his patients whom plaintiff met while working in the Public Library on 42nd Street on the manuscript which was published by Fawcett, entitled: TENSION-in-REPOSE, and participating in the T-in-R system. Defendant purshased plaintiff's first book: WHY YOU~~X~~ SHOULD NOT EXERCISE, aub-titled; "Weightlessness for Earthlings" on his own initiative, and also wrote a letter to the Fawcett editor dommending the T-in-R system and their publishing it. (1966)

T-in-R had been in constant, active application, however limited due to plaintiff's solitary efforts in its behalf, limited to only a hand-to-mouth existence in terms of monies and no means to give it wider exposure than the personal contact, person to person and by free-lance employment, such as teaching dancing to the cadets at West Point in 1960 where the first application of the principles was used, and then printed in 1961 in Washington, D.C. with the above title.

Plaintiff's means of li~~l~~ihodd consisted of singing engagements, teaching dancing, giving lecture demonstrations and teaching T-in-R. (and working as a dining room hostess in between)

Immediately after defendant's maiming act upon plaintiff's pelvis, plaintiff was unable to do ordinary rotuine chores, such as carrying a small bag of groceriies, stand or sit or walk, being compelled to alternate and never having any degree of comfort, the muscle spasms turning so severe at time as to necessitate emergency treatments. From the day of defendant's injury, plaintiff has been under constant treatments - when he refused to righ~~t~~ the w~~ro~~ng, he referred

plaintiff to 2 colleagues with no results from their treatments. Plaintiff was treated by a physicl therapist recommended by a New York Hospital staff doctor, Dr. Alan Snart, (his picture is in one of plaintiff's later publications, denoting his medical approval of T-inR) and though it did not restore plaintiff, it did stem the tide of the "wasting away", Dr. Snart stated he saw in plaintiff; then plaintiff could no longer pay the therapist and had to be treated at Lenox Hill Hospital under medicaid in the out-patient department; neither did these treatments have any effect.

Defendant had chosen plaintiff's left leg to do his monstrous act for a reason: he had known of a childhood illness which had made the bone denisty of one leg thicker than the other in the course of nature's well-known healing through compensation, and in the growing years, the body had adjusted so well that plaintiff had been on a fencing team, earned a living dancing, singing, and having far above average vitality and known for that special degree of energy, easy, vital, relaxed and comfortable.

With the ~~disturbance~~ to the pelvis, distorting its position to a severe misalginment, the discrepancy of the bone weights between the left and right legs became mangified and complicated any hope for restoration to normal, the normality of a lifetime.

Defendant chose well, the left leg, and he does state under oath on the witness stand that he knew about that c hildhood illness, that he also admits plaintiffs ultra-sesnibilities of inner equilbirum, of having an objective sense of internal reactions as well as subjective. All in his own words. Contained in the transcripts.

Where there is a special sensibity to certain conditions, the disruption of the harmonious interplay of that condition becomes as

special brand of torment; plaintiff's ultra sense of equilibrium was more than disrupted by defendant when he severely misaligned the pelvis; life itself was threatened, and on the wane more and more with each passing day without the right treatment, though searched throughout the City in vain. Plaintiff had to resort to the "yellow pages" to try untried doctors. Doctor Edward J. Wedin provided the ONLY relief possible for plaintiff. He has been treating plaintiff from December, 1973 to this day, and for a good part of the first years, every day, to save plaintiff's life. He had been paid only for a short period of that time until plaintiff had no monies and no means to earn a living, but Dr. Wedin kept on treating plaintiff with the promise that plaintiff would pay at that point where some restitution had properly been made through the courts.

But here it is now, December, 1976, and the courts, the State, the Civil and the Appeals of State courts have all denied plaintiff judgement despite the documented facts in the record of defendant's own open admission of his act.

The matter now has a new urgency: Dr. Wedin has announced that he will no longer treat plaintiff without being paid, and plaintiff is still in need of treatments and still without money and still unable to work.

Plaintiff declares the right to pursue one's own work, to seek the right answers nature has provided clues for all around us, as our Constitution declares the right of pursuit of one's own life, the protection of life and property, whatever or however small it may be. Defendant has deliberately denied plaintiff that right with his professional, personal perspectives on human anatomy, and the courts, City and State, have denied plaintiff the right to be heard on all counts, also a Constitutional, fundamental right for each individual.

About the courts, following are the facts fully documented in the original record:

Trial was held in the Civil Court of the City of New York on August 14, 15, 27, 1974 on the summons and complaint of personal injury. At that time of issuing summons, plaintiff did not have the information given during the trial, that defendant had deliberately performed his act of injury with professional skill.

On the witness stand, defendant claims he suspects a fracture, based on a letter written after the day of injury, (Dept. 17, 1973) to defendant's professional chiropractic association for accounting in which plaintiff states that she was sitting down on one side of the body so as not to disturb the elderly pupil plaintiff was teaching T-in-R, sitting, but not moving, which precludes any possibility of fracture since some sort of force is required to sustain a fracture, and this defendant admits in the transcripts.

Defendant states that he did not order X-rays though he suspected a fracture, and also admits that it is standard procedure to order X-rays where a fracture is suspected; even boy scouts and first-aid elementary knowledge are aware of these simple facts.

Defendant states that where fracture is suspected, the site is to be immobilized until X-rays are taken, and then he also admits to performing an active test of movement where he suspected a fracture.

Defendant describes the test which calls for active movement in detail on the witness stand which he performed on the basis of suspecting a fracture.

Defendant names the said test, an orthopedic test, used for inflammatory hip disease, and then he also admits that plaintiff was

fully active physically, dancing, lecturing, demonstrating, singing, etc., that it would not be possible to do such activities where there were any symptoms of inflammatory hip disease, that questioned how plaintiff managed this, he said it was an act of the will, and when asked how it was paraplegics don't get up and walk, he refused to answer, and neither could the court get or try to get him to answer.

Defendant admits to not ordering X-rays that should be ordered where a fracture is suspected, that it is standard practice to do so, defendant admits that he performed a test calling for active physical movements when standard procedure calls for immobilization, etc., etc.

The court of Judge David Stadtmauer rules for the defendant, writing, verbatim: "...there was no proof that defendant, in treating plaintiff, ~~xxx~~ failed to exercise the requisite degree of care and skill commensurate with prevailing standards and practices."

Plaintiff appealed to the Appellate Term; the Appellate Term affirmed the lower court. Plaintiff appealed to the Appellate Division; the Appellate Division affirmed the Appellate Term. Plaintiff was denied further appeal in the Court of Appeals in New York State, referring the matter to the Court Administration who in turn suggested that there were other avenues, to "get a lawyer".

Plaintiff had never been able to "get a lawyer". Each effort became time consuming with the consistent pattern of being turned down for lack of money, mostly to pay for an expert witness. Now plaintiff did have an expert witness in the defendant testifying to expert facts which plead plaintiff's cause, exacted from plaintiff's efforts in personal appearance.

With the new information, comprising new evidence, plaintiff sought a second suit, beginning the action in the Supreme Court.

Where the first summons was entered as "persons injuries sustained by the plaintiff due to the sole negligence of the defendant in the rendering of chiropractic services" before the first trial in Civil Court, plaintiff's second summons and complaint in the Supreme Court was for "Wilful and malicious misconduct with intent to maim." (in July, 1975)

Defense attorney submitted Bill of Particulars demand, Inspection & Discovery and nothing further which plaintiff satisfied fully, having verified the submissions. Then defense moved twice in Supreme Court for reason of unverified bill of particulars, no response to Inspection & Discovery and a purported letter demanding further particulars which was sent with the court papers and no copy of same to plaintiff. There was no county clerk stamp on the purported letter for Sept, 1974 and following plaintiff's call to the court, Judge George Starke, which was answered by his law secretary Mr. Tzachtenberg, who had promised to send a copy of the purported letter, but did not do so, instead, plaintiff received a letter, certified mail, by defense on November 12, 1975, attaching a copy of the purported letter.

Judge Starke's order to defendant's motion for verified b/o/p, Inspect. & Disc., item 3 in b/o/p ruled for defendant, though plaintiff had documented proof and had submitted true copies of the original record in reply; county clerk's stamp appears in all of plaintiff's papers. Plaintiff did not argue, but simply repeated the verification, Inspection & Discovery and for item 3 in b/o/p sent true copies of the transcripts since def. demanded details of defendant's act, and the transcripts contained defendant's own description in detail.

That was def.'s first motion, October 24, 1975; the second motion, October 31, 1975, before Judge George Postel, demanded the very same demands, verified b/o/p, item 3, Insp. & Disc., etc.

Plaintiff's action was transferred from the Supreme Court to the Civil Court in November, 1975 under section 325 (d).

Trial was scheduled in Civil Court for January 8, 1976.

The day before trial, plaintiff looked in the minute book in Special Term I in Supreme Court for any ruling on def's Oct. 31st motion. There was none.

At calendar call, at 10:00 a.m., before the court of Judge Bernard Weiss, defense attorney hands the bench an alleged court order to strike plaintiff's case off the calendar. Judge Weiss looks at it at the same time plaintiff looked at the copy def. attorney tossed over the table without even looking at plaintiff, and when plaintiff saw the ruling, that there was no stamp of entry, no date of any kind, no markings of any kind on it, the involuntary reaction was a gaping ~~open~~ jaw, with no emission of sound, and Judge Weiss literally scolded plaintiff when no sound was made for "interrupting", and when plaintiff could recover somewhat from the shock and surprise of the "order", Judge Weiss merely said that it was a Supreme Court order and as far as he was concerned it was off the calendar and didn't care about dates or that it was not in the record book the day before.

Nor was the alleged order in the record book by 11:00 a.m. right after calendar call when plaintiff went to Special I in Supreme Court; the order couldn't even be found by the clerk, and the county clerk had no such order on any record.

Mr. Phoenix Ingraham, whom plaintiff went to see, the Chief Clerk of the Civil Court, called Judge Postel's office, got his law secretary on the phone, Mr. Sal Fiorella. Mr. Ingraham read the incoherent wording in the order, that where the word "defendant" appeared, it was meant as "plaintiff" otherwise it made no sense, and Mr. Fiorella did

not even know that the plaintiff was not the defendant, and admitted that the word "failure" should have been "incomplete".

The wording on the order appears as follows: "Upon the foregoing papers this motion to strike the case from the trial calendar for failure on the part of the defendant to complete all pre-trial proceedings is granted. The delay can be attributed to the plaintiff's proceeding pro se in this action, and she, therefore, cannot now be heard to complain."

The civil court clerk issued a SHOW CAUSE order for plaintiff. Defense had a motion in Civil Court to preclude which was before Judge Seymour Schwartz. This was for January 12th, 1976, and the Show Cause was for January 19, 1976, both before the same judge.

Judge Schwartz stated in court that he refused plaintiff's request to review the original record. He subsequently denied plaintiff's motion and granted defendant's to preclude, stating that plaintiff had not satisfied demands and mandates citing Judge Starke's order, and refusing to acknowledge plaintiff's initial, original verification of the b/o/p, Insp. & Disc. item 3, etc. all fully entered & satisfied.

Thereafter, each and every motion following repeat of satisfying the same demands from defense and mandates from the court, each judge referred the motions to Judge Schwartz.

Plaintiff requested oral argument. Judge Schwartz granted it in chambers. On February 25, 1976, defense and plaintiff appeared before Judge Schwartz in chambers, at 9:30 a.m. Before Judge Schwartz had settled his peeling off his coat, he looked hard at plaintiff. What was once a judicial demeanor from the bench, seeming to appear thoughtful, listening, suddenly became a barrage of tension-filled animosity directed directly towards plaintiff, as he stared and said

"go take up some religion...lawyers got to live". Whereupon, when he sat down, he leaned upon the desk, leaning over it, he looked at defense attorney, Mr. Samuel Graff, of ISAACSON, ROBUSTELLI, FOX, FINE & GRECO, and said: "Ypu could move for dismissalal."

Mr. Graff simply threw his hands half-way up and made no reply. Plaintiff supplied the reply, and told Judge Schwartz that there was new evidence, that defense had not moved for a year because of the new evidence.

Following that meeting, plaintiff no longer had access to the record, though it is public; Judge Schwartz kept it in chambers after it was in the Law Library on the 10th floor when plaintiff had sought help from Judge Thompson, who had asked the librarian, Mr. Incantalupo to report on it. Mr. Incantalupo kept it for a month and more, and plaintiff was kept out of the library by the receptionist who was going to call the guard when I tried to explain that I had to look for a new order from a recent motion.

At a later motion by plaintiff, Judge Weiss took Judge Kenneth Shorter's place who was indisposed. Again it had been a Show Cause order by plaintiff, and it had been signed by Judge Weiss who had been in Special II at the time. Now, Judge Weiss, from the bench, threatened plaintiff with criminal action due to the motions to restore to calendar

By that time, plaintiff had received a personal letter from Judge Postel, the Octo. 31, 1975 motion judge in Supreme Court, saying that he never ruled on the motion because it was transferred before he could get to it. When plaintiff tried to ask Judge Weiss how could an action be struck from the calendar on the basis of a motion never ruled on? Judge Weiss' answer was to "go get a lawyer", that he had looked at the file, 3 envelopes of it, in the library, that he was familiar with

the case, cited a california case where criminal action was taken against the person making so many motions, that plaintiff would be so charged if plaintiff continued, that he was referring the present motion by plaintiff to Judge Schwartz, not to Judge Shorter, that it was his prerogative to do so, etc., etc. The vituperation from the bench was extraordinary, considering that plaintiff was the victim, that plaintiff's life forces were struggling to survive, that it was a torment for every trip to court and every wait for calendar call when the muscles were in especially severe spasm, that the pelvis was that much more unstable and shifting with the duress the conditions imposed.

Judge Schwartz denied each and every motion by plaintiff, granted each and every motion by defense. He worded the orders so that it appeared that plaintiff was given further opportunity to comply, using the word "insufficient" frequently, and underlying the frequent use of the words "pro se" in the orders.

Defense moved for oral examination to be held at their offices. Plaintiff moved to hold them at Civil Court. The motion appeared before Judge Bruce Wright who granted plaintiff's request, but defense refused to hold the scheduled examination on his own date, wringing, telling plaintiff not to appear, but plaintiff replied that appearance would be as scheduled as defense had given no reason and had no court order for adjournment. Defense attorney arrived at the Civil Court 20 minutes late, complaining that plaintiff had pulled him away from the volume of work at the office, then demanded to appear before the court sitting then, Judge Charles Whitman, Jr. Judge Whitman heard defense attorney, had no papers before him, barely heard plaintiff when he saw pro se appearance, would not listen that the matter was before Judge Wright, initially, that defense had no justification, but simply verbally ordered an adjournment, and then later referred to Judge Schwartz in a written order refusing to send it to Judge Wright.

Judge Schwartz held that plaintiff did not have oral examination and therefore could not have the action restored to calendar.

Defense moved for dismissal and granted it on res judicata by Judge Walter M. Shackman. Judge Shackman's chambers are right next to Judge Schwartz', and defense moved when Judge Shackman was in motion court. Plaintiff requested oral argument; Judge Shackman stated that he would only hear legal arguments though defense attorney had only just then handed plaintiff MEMORANDUM OF LAW. Judge Shackman said he would give plaintiff only 7 days to reply. Defense attorney had handed plaintiff the MEMORANDUM in court at the time of oral argument saying as he did so that he was not obliged to do so, but was doing plaintiff a favor. Plaintiff then told Judge Shackman that defense had not moved for a year on dismissal, that new evidence was incontrovertible, but Judge Shackman ruled for defense on res judicata. (May 19, 1976)

The original record contains receipt by defense attorney for taking the original record to Judge Schwartz' chambers, and also for removing a document, without stating what it was and if returned.

Plaintiff appealed to the Appellate Term and was denied the appeal. Plaintiff appealed for permission to appeal to the Appellate Division and was denied the appeal. ^{October} (~~November~~, 1976)

The list is long of grievance and gross travesty of the most fundamental rights as individual privilege for which we proclaim declaration of independence from tyranny and entered in the Constitution as freedom from that tyranny only to find it in guises of using the law to subvert it, an insidious cancer in the spirit and right of freedom which can be as undermining as any cancer to erode the health of a nation. Plaintiff had to stand alone against a formidable array of legal and court power and experience; perhaps it can be said that it took so much combined power to challenge the simple, basic facts,

fully documented in the record, but there is a great deal at stake: the effectiveness of the court system for which so many lives have been sacrificed to win and establish as the right to pursue life, and there is the life of the individual looking to that system for that protection, but instead, finds that the individual's life is further sacrificed upon the prejudice of pro se appearance, and that is a physical fact, for the skilled lawyers and judges with power used that power and skill to consume plaintiff's precious time used in the struggle to survive, and using that time has been a physical blow to those efforts, for now, plaintiff is faced with the curtailment of treatments that have been and are necessary for saving life.

The treating doctor cannot be faulted for withholding further treatments of December 22, 1976, for he has not been paid for 3 years and he treated steadily, most of the time almost every day in the week, including some Saturdays, to alleviate plaintiff's distress, severe and life-threatening, yet the courts and lawyers toy with this fundamental struggle for life.

Plaintiff instituted action in the Federal Court in order to be heard on the full merits, as had been requested in the State and City Courts and denied, and allowed by law where the circumstances and obligations are different, as they are in the instant action.

Plaintiff's one-page complaint and one-page default judgement motion before the court of Judge Morris Lasker could not begin to cover the justification for the action in Federal Court. Plaintiff looks to this court to be heard; the need is urgent, for without treatments, time may be limited. The pelvis is known to be the foundation of the body, and like the foundation of a building, it will crumble without being righted, & without treatments, it cannot be.

Much as it may mean little to any one else, the life of another individual, as the defendant-doctor has shown and as his defense attorney's have contributed to the same attitude, one in denying plaintiff the right to the physical aptitude endowed by nature, the other the right to redress endowed by the rare privilege declared in the Constitution, thus contributing to the maiming act of the defendant by undue, unwarranted harassment and usurpation of precious time, in the instant matter and issues, there is more than one life at stake. Given the time, without the asset of money, plaintiff could have eventually established the TENSION-in-REPOSE program, so natural, so needed, soliberating to the gravity-heavy human body. Liberty begins in and with nature; and the liberty within government works hand-in-hand with nature and antural forces. Therefore, plaintiff is not the only victim in these issues; the merit and consistent effectiveness of T-in-R have been undeniable from its very inception; its effect of relaxing all tensions, normal and excess, the effect of body buoyancy never known to any human before, the taste of infant-like slumber, the atuomative control of appetite, the displacement of inferior habits with better ones, etc, etc., the ease of chornic bakcahes,, etc., all tkae place the instant of performance of T-in-R and in cumulative effects

THEREFORE, on the basis of pleading for plaintiff and with plaintiff, for everyone else, even the doctor-defendant and the equally wanton defense attorneys, and their likes on this earth, plaintiff respectfully requests this court the opportunity to be heard on the full merits, hoping to last long enough to make the attempt to recieve some restitution to resume treatments and to resume TENSION-in-REPOSE.

Dated: December 13, 1976
New York, N.Y.

To: NATHAN NOVICK
25 West 43rd St. New York, N.Y. 10036

SWORN TO BEFORE ME THIS
13th day of December, 1976

Respectfully yours,
Millicent Linden
Millicent Linden
500 East 74th St. 10021

Charles D. Foster
NOTARY PUBLIC
COMM. NO. 12345
COUNTY OF NEW YORK

Linden v. Novick

CIVIL COURT CITY OF NEW YORK COUNTY OF NEW YORK

Trial date:
January 8, 1975

Transcription of Court Minutes-August 15, 1974

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Defendant acknowledges
original complaint in
neck spine; diagnoses
rotated sacroiliac,
suspects fracture
from sitting position
described in mail weeks
later; states accepted
procedure in fracture
is to X-ray; states "do
not expose to X-ray insult"
admits X-rays with other
patients; acknowledges
conduction of forces to
sustain fracture, does not
answer to "sitting" as a
conduction of forces;
(improperly performed
performs orthopedic test, for
inflammatory hip disease; for
suspicion of fracture; describes
active movement test he
performed suspecting fracture
that procedure in fracture is
immobilization & X-ray, but
does neither; admits to twisti
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CIVIL COURT CITY OF NEW YORK COUNTY OF NEW YORK

Linden v. Novick

Trial date: January 8, 1975

Transcription of Court Minutes - August 27, 1974

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SUMMARY

Defendant's statements are in constant contraction, making them exactly opposite each other; he states he does not know of plaintiff's dancing, walking, lecturing then admits them; claiming they were done by will power- yet can't explain why paraplegics with will power cannot walk; admits such physical activities require energy & vitality, that plaintiff was engaged in such physical work prior & during year's treatments-own written letter to plaintiff's publisher of value of plaintiff's work does not follow prescribed, standard proof in professional documents here

Index No. 3568

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Linden v. Novick

CIVIL COURT NEW YORK CITY, COUNTY OF NEW YORK, Trial January 8, 1975

Supplement to Medical & Hospital Records of
Physical Incapacitation

List of Limitations in Daily Routines

enforced alternation of sitting, standing, lying down & walking
at varying intervals;
can't sit on any contoured chair seat, hard or soft chairs
& sitting, standing or walking too long put the muscles in spasms;
can't pick up anything without disturbing the disturbed inner balance;
the misaligned pelvis becomes further misaligned necessitating
professional treatment to keep it from further severity
muscles, nerves, bones out of balance in themselves and
with each other; normal movements create disturbances, such
as opening a door without first setting the whole body first
in place; uneven reaching throws the pelvis off its position;
can't carry any normal amount of groceries; 5 pounds throws the
balance off
muscles loosened; normal muscle tone gone; normal vitality gone;
must stop frequently in middle of block to look for steps to
sit on to rest before continuing walking
can't sleep in normal positions: no turning, must lie entire time
on back, and must rise during the night when muscles spasms come on;
must stand for breakfast everyday and frequently for dinner
cannot wear old or new familiar type shoes; must wear entirely flat heels
can't pick up feet to get to the bottom surfaces for any reason;
can't get into old-fashioned bathtub-too high; pelvis becomes disturbed;
can't do any kind of work, not even own professional program of
stretching the muscles in a specific design however simple
and familiar of 15 years standing; pelvis becomes disturbed;
can't dance at all though dancing has been as normal and natural
as breathing from earliest memories; can't teach fundamentals
of dance movement included in professional program;
can't sing in normal, familiar capacity either spontaneously or
in professional vitality; singing, like dancing, was as
normal and natural as breathing with equal ease; energy gone.

CIVIL COURT OF THE CITY OF NEW YORK
County of New York

Linden v. Novick Index No. 3568/75 Cal. No. P75N23599

LIST OF EXHIBITS

Annexed to correspondence to the Honorable Edward Thompson

April 6, 1976

- EXHIBIT 1: Glossary Index of Court Transcripts - 2 pages
EXHIBIT 2: Court Transcripts - 38 pages
EXHIBIT 3: Court Transcripts - 47 pages
EXHIBIT 4: A System of Orthopaedics & Fractures - 5 pages
EXHIBITS 4-a The Bone as A Whole
EXHIBIT 5: CHIROPRACTIC - 4 pages
EXHIBIT 6: Fundamentals of Orthopaedics - 3 pages
EXHIBIT 7: Medical-Surgical Nursing - 6 pages
EXHIBIT 8: The Chirogram - 3 pages
EXHIBIT 9: Manual of Orthopaedic Surgery - 2 pages
EXHIBIT 10: Red Cross First Aid - 6 pages
EXHIBIT 11: Boy Scouts of America Handbook - 2 pages
EXHIBIT 12: First Aid; Boy Scouts of America; - 3 pages
EXHIBIT 13: An Atlas of Examination - 3 pages
EXHIBIT 14: Medical Records - 31 pages
EXHIBIT 15: Physical Diagnosis - 4 pages
EXHIBIT 16: Defendant's correspondence
EXHIBIT 17: Plaintiff's professional picture
EXHIBIT 18: Plaintiff's professional record

Michael J. ...

Supreme Court
of the
State of New York



GEORGE POSTEL
JUSTICE

JUSTICES CHAMBERS
NEW YORK COUNTY COURT HOUSE
NEW YORK, N.Y. 10007

April 12, 1976

Ms. Millicent Linden
500 East 74th Street
New York, New York 10021

Dear Ms. Linden:

Before we had an opportunity to dispose of the motion on its merits, Judge Gellinoff transferred your case to the Civil Court of the City of New York. Enclosed is a copy of Judge Gellinoff's decision.

This court was not advised of this fact, because had it been so advised, it would have transferred the disposition of the matter to Civil Court for a determination.

I suggest that you confer with the authorities at Civil Court relative to the trial of your case inasmuch as it is a pending matter there. They can best advise you as to how you can move for trial again.

The recovery you seek can properly be determined on the trial there.

I trust this answers your inquiry.

Very truly yours,



enc.

I hereby certify that the foregoing
is a true copy of the original
hereof filed in my office on this
day of

At a ~~trial~~ Term Part.....of
the Supreme Court of the State of New
York, held in and for the County of
New York....at the Courthouse
thereof, in the County of New York....
City and State of New York, on the
NOV. 25 1975 of....., 19....

P R E S E N T:

County Clerk and Clerk of the

HON. Abraham J. Gellinoff
Justice

NOTE - ORIGINAL FILE

FILED

NOV 25 1975
NEW YORK
CO. CLERK'S OFFICE

County Clerk's

Index No. 41674-75

Calendar No. 4584

Linden

vs.

Novick

ORDER OF TRANSFER

A General Preference having been denied, and

It appearing that the Civil Court of the City of New York has jurisdiction of
the parties to this action and pursuant to Rule 660.21 of the Rules of the Supreme Court,
New York and Bronx Counties, dated January 30, 1973, it is

ORDERED, that this cause bearing Calendar Number 4584 be, and it hereby
is, stricken from the Trial Term Calendar of this Court and transferred to the Civil
Court of the City of New York, County of New York, and it is further

ORDERED, that the clerk of New York County shall transfer to the clerk
of the Civil Court of the City of New York, County of New York, all papers in this
action now in his possession, upon payment of his proper fees, if any, and the clerk of
the Civil Court of the City of New York, County of New York upon service of a certified
copy of this order upon him and upon delivery of the papers of this action to him by the
clerk of the County of New York, shall place this action upon the appropriate calendar
of the said Civil Court, among the issues filed for the October Term, 1975, for
trial, without the payment of any additional fees, and it is further

Ordered, that the above-entitled cause be, and it is hereby, transferred to said
SUPREME COURT - NEW YORK COUNTY
Court, to be heard, tried and determined as if originally brought therein but subject to
the provisions of CPLR 325(d).

JURY FEE PAID

ENTER,

J. S. C.

SUPREME COURT OF THE STATE OF NEW YORK, SPECIAL TERM PART I, NEW YORK COUNTY
at the Courthouse thereof, 60 Court Street, New York, New York, 10007.

Present:

Hon.

GEORGE FORTNA

Justice

MILHICENT LINDEN

— against —

MATTHAN NOVICK

The following papers numbered 1 to _____ read on this motion.

Submitted

No. 121 on Calendar of Oct. 31, 1975

PAPER NUMBERS

Notice of Motion - Order to Show Cause - and Affidavits Annexed

1-10

Answering Affidavit

11-21

Replying Affidavit

22-23

_____ Affidavit

_____ Affidavit

Pleadings — Exhibit

Stipulation — Referee's Report — Minutes

Filed Papers

Upon the foregoing papers this motion to strike the case from the trial calendar for failure on the part of the defendant to complete all pre-trial proceedings is granted. The delay can be attributed to the plaintiff's proceeding pro se in this action, and she, therefore, cannot now be heard to complain.

Dated

Before: Plaintiff's _____ Defendant's _____ Petitioner's _____ Respondent's _____ Relator's _____

By: _____

County Clerk's No.

41674 19 75

Spec. I. Lib. 1-104 File 7

12 75

[Signature]
J.S.C.

Millicent Linden 500 East 74th Street New York, New York 10021

Justice Postel
THE SUPREME COURT OF THE STATE OF NEW YORK
100 Centre Street Room 1727
New York, New York 10013

RECEIVED
CALENDAR CLERK

12/31/75
CIVIL COURT
NEW YORK COUNTY

Dear Sir:

In accordance with the instructions by Mr. Fiorella, I write to you with regard to the matter of a Motion of October 31st.

The moving party in the motion is the Defendant in the action of Linden v. Novick. Index No. is 41674/75; the calendar no. is 121. The writer is plaintiff pro se; motion in opposition has been submitted.

Defense attorney, ISSACSON, ROBUSTELLI, FOX, FINE & GRECO, has two motions that are identical: the aforementioned and one for Oct. 24th with Judge Starke. The matter at hand is the same in both cases;

On page 2 in the moving party's papers on your calendar is the following statement: (first paragraph)

"Copies of the demand and response and our letter are annexed herein...."

Said copies were not annexed to the papers sent to the writer, plaintiff;

The same said copies are not on file in the original court record in the County Clerk's office.

In the moving papers before Judge Starke of the identical motion, the aforementioned papers are dated as of September 4th, 1975. Judge Starke's secretary will inform the writer-plaintiff whether or not they are attached to the original court papers on Monday afternoon and will make arrangements for plaintiff to have copy of same.

Plaintiff hereby makes like request to be informed whether or not said papers are annexed to the original court papers and makes request to have a copy of same if they are annexed to the motion. Plaintiff also wishes to know if the Affidavit of Service of having sent said papers to the plaintiff through the mail.

Plaintiff regrets any inconvenience the matter may cause, but is mindful that it is important to know what defense attorney has submitted to the court otherwise plaintiff can make no response and submit the fact that those papers are not on file in the original court record, which would indicate their non-existence and invalidation.

Thank you kindly for your time and attention.

Sincerely,

Millicent Linden
Millicent Linden

NO REPLY RECEIVED
TO THIS LETTER;

LATER LETTER WAS SENT
REGISTERED MAIL TO ADDRESSEE
ONLY - JUDGE POSTEL & REPLY
WAS RECEIVED - SEE JUDGE POSTEL'S

ent Linden

APRIL 12, 1976 ATTACHED

COMMERCE

Millicent Linden 500 East 74th Street New York, New York 10021

The Honorable Judge Starke, SUPREME COURT OF THE STATE OF NEW YORK
60 Centre St. N.Y. 10007, Room 519

Dear Judge Starke:

November 15, 1975

Unusual, perhaps even special, circumstances compel me to write to you in the cause of justice in the matter of Linden v. Novick, Index no. 41674/75 which is on your Motion calendar, October 24th, no. 102.

The moving party, defense attorney, ISAACSON, ROBUSTELLI, FOX, FINE & GRECO, stated in the moving papers that a letter dated September 4, 1975 was sent to the plaintiff, the writer, stating also that a copy of same was annexed to the brief. The facts are as follows:

1. Said letter is NOT in the county clerk's original file;
2. Plaintiff never received said letter;
3. Copy of said letter was not annexed to papers sent plaintiff;
4. Plaintiff could not reply to alleged contents in the Motion in opposition for the scheduled date of October 24th, having searched with the court clerk in Special Term Part I on October 21st, without locating them at that time, and so reported to your office.

Yesterday I received a letter from defense attorney with a copy of said letter attached. Both are enclosed herein. With the letter now in hand, plaintiff can present facts with certainty, having also ascertained the actual annexation of said letter to the moving papers by your assistants Mr. Newman and Mr. Trachtenberg on the phone.

Claims in said letter are entirely invalid; for example, the response to the demand for the bill of particulars is verified, duly sworn to, as filed in the court record and so noted by the chief clerk in the Calendar office otherwise the papers would not have been accepted by Mr. Sirkus who looked them over himself personally, which is contrary to claim in said letter.

Also, the items are responded to directly, item by item and proven by the record; And where the claim to "explain what is required" is also not supported since no specific items were submitted at any time in more than the 30 days passage of time between the demand and the response and the next correspondence for Inspection and Discovery, the latter of which was duly and quickly responded to with undeniable affirmation of facts. Besides, it is inconceivable that plaintiff would allow all the previous hard labors to be in jeopardy by not responding to any additional demands.

Without said letter in hand, supported by the record on file of its not ever having been sent or received, plaintiff could not reply with aforementioned facts with the same certainty the contents of the alleged letter now provide. It must, therefore, have a bearing on the motions before the court. The court must also know that defense attorney has repeated the identical actions in the identical motions before Judge Postel's court and motion calendar of October 31, 1975.

Plaintiff assiduously follows court and legal procedures where known, and always provides exact duplicates of contents to court and the opposition and verifies same with affidavit of service by mail. Plaintiff assumes that the practicing lawyer for the defense is also aware of these procedures and must therefore also have signed a sworn statement of having sent the same copies to the opposition as is sent to the court, otherwise without exact copies the opposition is placed in disadvantageous position as now. Plaintiff would appreciate your attention and acknowledgement to the above.

Respectfully submitted,

Millicent Linden
NO REPLY EVER RECEIVED m2

At a Special Term Part II of the
Supreme Court of the State of
New York, held in and for the
County of New York.

Borough of Manhattan, City and
State of New York, on the
22nd day of July, 1975

Index # 41679/75

RECEIVED

JUL 22 1975

COUNTY CLERK
NEW YORK COUNTY

MARGARET MARY J. MANGAN

Hon. _____

Justice _____

IN THE MATTER OF THE APPLICATION OF MILLICENT LINDEN
to sue as a poor person.

On reading and filing the annexed petition of Millicent Linden
verified the 22nd day of July, 1975, in personal service, by
plaintiff, the petitioner, dated the 22nd day of July, 1975,
to serve pro se pursuant to section 1101 of the CPLR, and the Court
being satisfied with the truth of the facts alleged and it appearing
that the petitioner may have good cause of action for malicious and
willful misconduct in inflicting severe and serious trauma as set
forth in defendant's own words under oath in court testimony as
conclusive evidence and proof of said claim.

NOW, on motion of plaintiff, Millicent Linden, the petitioner, it is
ORDERED, that the petitioner be permitted to prosecute this
action against Nathan Novick as a poor person, and it is further

ORDERED, that the Clerk of this Court be and he hereby is
directed to make no charge for any fees or costs or for certifying one
copy of the judgement to plaintiff in connection with the prosecution
of this action, and it is further,

Enter 15/24/75 J. M.
J. J. C.

910 PARK AVE.

Tues 3rd Aug 76

To:- Social Services

Regarding Miss Mellicent Linden.

At the time Miss Linden was quite sick I was able & fortunate to give some small assistance in the form of a few Dollars amounting to \$100⁰⁰ in the month of April 76, at the time Miss Linden was destitute, how I came to find out, was on a Sat. afternoon, I mentioned that I was going to the supermarket for the week end groceries, at which time, I realized how serious Miss Linden's situation was & at the time I happened to have extra money in my pocket.

yours truly

James S Kinnaird

Bldg Supt. 910 Park

July 28, 1976

To: Department of
Social Services

Re: Millicent Linden

From February through June
I have loaned my on various
occasions to Ms. Linden for
emergency purposes, totaling
\$150.00.

We are tenants in the same
building and in the course
of conversations at the mailbox
etc., I have become familiar
with her economic problems
which in my opinion have been
extremely severe.

John H. Winters

DR. EDWARD J. WEDIN

Chiropractor

60 East 42nd Street • Suite 1132 • New York City 10017 • Phone 661-2221

To Social Services. 7/30 /76

This is to certify that
Miss Millicent Friedman
is still under my care
for treatment.

Very Truly
Edward J. Wedin, D.C.

DR. EDWARD J. WEDIN

Chiropractor

60 East 42nd Street • Suite 1132 • New York City 10017 • Phone 661-2221

6-19-75

To Dr. J. E. Conner:

Willent. Please have Lisa
under my care for fixation of vertebrae
in the spine and need further
care of manipulation of the spine.

Sincerely

Edward J. Wedin D.C.

HEADQUARTERS
UNITED STATES CORPS OF CADETS
WEST POINT, NEW YORK

23 January 1960

Miss Millicent Linden
520 Fifth Avenue
New York 36, N. Y.

Dear Miss Linden:

The recent course of instruction in dancing which you taught to the fourth class cadets at the United States Military Academy showed your exceptional qualifications as a dance instructor. Your unfailing enthusiasm during each class was instrumental in inspiring maximum participation by the cadets.

Your thorough planning of the course was evident. Though the scope was broad, you covered a great deal of material in the scant eight hours available. But most important of all was the marked improvement in dancing shown by the cadets.

I am certain that each cadet who participated in your dance instruction program will long retain the skills you taught as well as the memory of a most enthusiastic and gracious dance instructor.

A. B. Shattuck
AMOS B SHATTUCK
Major, Sig C
Officer-In-Charge
Social Conduct Course

music journal

EDUCATIONAL MUSIC
MAGAZINE

157 WEST 57th STREET, NEW YORK 19, NEW YORK

Circle 5 4145

SGMUND SPEATH
Editor

August 15, 1959

To Whom It May Concern:

I had the pleasure of hearing Millicent Linden in a song recital at the Lighthouse recently, with Alan Hovhannes at the piano, and I was greatly impressed by the enthusiastic response of her audience. She is not only an excellent artist, of considerable versatility, but she also has the happy faculty of appealing to her listeners as a human being and projecting a most attractive personality.

(Signed) Sigmund Speath
Sigmund Speath
Editor



THE CITY OF NEW YORK
DEPARTMENT OF HOSPITALS
BELLEVUE HOSPITAL CENTER
FIRST AVENUE AND 13TH STREET
NEW YORK 16, N. Y.

BELLEVUE GENERAL HOSPITAL
BELLEVUE TUBERCULOSIS HOSPITAL
BELLEVUE PSYCHIATRIC HOSPITAL
BELLEVUE HOSPITAL COURT CLINIC
1300 CALHOUN ST., NEW YORK 16, N. Y.

General Recreation
Room 2

FEBRUARY 7, 1959

Miss Millicent Linden
116 West 11th Street
New York 3, New York

Dear Miss Linden:

While the enthusiastic reaction of our patients is still fresh in my mind, I would like to convey this reaction to you.

A few days after your visit to the women's orthopedic ward, I revisited it, and was immediately stopped by several insistent patients who wanted to know when you were coming back. Apparently the ease with which you circulated among them, and your warmth, both in your own singing, and in your working in recital with them in the room singing made a lasting impression. I knew that my reaction was to stay in the background and to allow your natural talents for the needs of the patients to guide you.

It should be quite clear that you would be most welcome any time you should choose to pay us another visit. Meanwhile, may you enjoy continued success in your career.

Sincerely,
Paul M. Koltz
Recreation Supervisor

January 15, 1958

Miss Diana Slocum
General Adult Recreation
Bellevue Hospital
New York City

Dear Miss Slocum,

Miss Millicent Linden is an inspired singer, musician and person. Her personality is an inspiration to people, both well and sick, and I know no one who has the high knowledge and simplicity to reach all kinds of people.

Her sympathy and broad humanity make her a most valuable worker among the sick. Her voice is beautiful, her human magnetism brings brightness and hope into any room, and is of great uplift to those in a sick room.

I cannot recommend her highly enough.

Sincerely,
Alan Hovhannes
Alan Hovhannes

40 Union Square
New York 3, N. Y.

Gramercy 7-0739

Tension - in - Repose



Tension - in - Repose



500 EAST 74TH STREET NEW YORK, N. Y. 10021

MILLCENT LINDEN, DIRECTOR

GET OFF YOUR FEET !

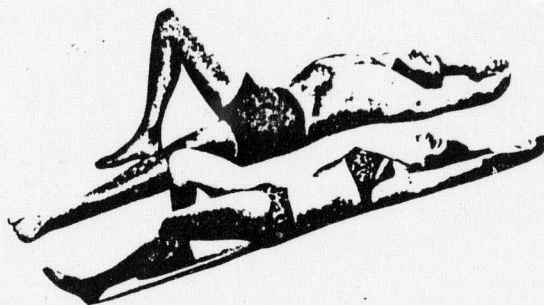
Get an actual, physical lift, literally in your whole body. This is the way to do it - through the natural forces inside your entire body and all around you - the bridge-like, even distribution of your weight that eases strain & makes you feel. LIGHT & BUOYANT !

ALL LIFT STEMS FROM THE CONCAVE CURVE &

ALL HEAVY BODIES DESIRE TO LOSE THEIR HEAVINESS; all & any amount of weight is heavy when it is under strain. Not only do you need to be buoyant, you also want to FEEL light. It is a universal desire. Buoyancy is true body balance; balance is strength, vitality, power and pleasure - the pleasure smooths out the frazzles from both normal & excess tensions, leaving the pleasure in the relaxation:

TENSION-in-REPOSE !

Tension-in-Repose is the natural science seen as routine, daily indulgence by all babies & animals now adapted for human adults. It is a series of varied patterns of the biological act of stretching within the fundamental design of the concave curve, arching the spine in the concave curve and then extending in opposite directions simultaneously, reaching outward from all sides at exactly the same time as you see in the examples here above and below.



Tension - in - Repose

500 East 74th Street, New York, New York 10021

MILlicENT LINDEN, DIRECTOR

Tension-in-Repose is consistent, that is, it does the same work for everyone without exceptions: Tension-in-Repose makes you move freely, easily, pleasurably; it relaxes all your tensions and dissipates the feelings of frustration - naturally, with nothing more than the forces of life itself in your inner body; it gives you instant refreshment from fatigue wherever it may come from; it makes you taste once again the sweet baby-like slumber whether or not you are an insomniac; it relieves the stress of boredom and displaces unwanted habits, such as compulsions of addictions to anything; it eases chronic backaches or headaches; the inner satisfaction of Tension-in-Repose satisfies like satiation and you get an automatic appetite regulator whatever you eat as long as it is a varied, healthy diet; the even distribution of the body weight gives a slim-full figure with proportion and symmetry; your posture rises involuntarily, straighter and stronger, all your vitality is enhanced in all physical activities in the new, buoyant body balance and you regain lost height; you feel the dynamic circulation feed your brain with its oxygen-hungry consumption. It's logical to expect these effects, for when one force goes right, it affects and influences all the others that inter-act and inter-react with them.

These are the inconsistent effects reported by Tension-in-Repose performers.

A pilot study on Tension-in-Repose at the American Health Foundation on 11 subject-pupils in a 3-week period recently completed with medical documentation reports the following effects: one blood pressure reading before the study was 124/96 R., 120/86 L.; during the study: 116/88, 114/80; at the end of the study: 118/76, 118/78. The subject, about 30 years old, had a 30-point difference between right and left arm readings, a 10-point difference in 7 months of medication, and a 2-point difference in 3 weeks of Tension-in-Repose, bringing the bottom figure, the important one, down from 96 to 76. Another had a cholesterol count of 193 before the study, and it went down to the end of it, the first time "to a level where it's never been", "it always tended to be high side". There was no change of diet during the study. Another had the dimensions of 35-inch bust, 35-inch waist, and 44-inch hips before the study; two-days after she began, the measurements read: 40, 33-43, and did not ever go back to the first figures. Another noticed an imperceptible decrease in the number of cigarettes smoked. Everyone reported better sleep, instant refreshment from fatigue, relaxed tensions, better posture - 2 with back problems noted relief from the aches - lightness in body weight - one lost nine pounds - "bounce" in walking, greater vitality and greater ease in movements. All with pleasure of performance.

The TENSION-in-REPOSE HOME SERIES COURSE contains the first fundamentals of the T-in-R series: The Quadruped, The Slow, Side-Arc & the Rest-Eove Stretch. Send \$4.95 to Tension-in-Repose, 500 East 74th Street, New York, New York 10021. Class and private lessons scheduled by appointments; the beginning series are expedient, requiring no clothing changes, easily done anywhere, in seconds.



TO LECTURE ON MOTION OF BODY

An authority on body balance and motion who was invited to teach her approach to the West Point plebes last year will hold forth tonight at a public lecture in the North Room of the Mayflower Hotel.

Miss Millicent Linden will speak on "The Principle of the Motion of Atoms As It Applies to the Human Body," or "You Should NOT Exercise."

Miss Linden, the director of a self-improvement course titled "Background for Business and Government," eschews the old pulls and contortions, believing they are hard on the system and miss the point.

She advocates a type of exercise based, she says, on an understanding of the dynamic qualities in the body, closely related to natural dance movements, performed without strain and leading to a relaxation of the body.

Miss Linden claims that her simple "dynamic" stretches bring about not only coordination and synchronization of the body but a release from mental tension as well.

The aim of her approach is complete flexibility and a total sense of well-being.

The dynamic qualities of the body which Miss Linden urges students to understand are, she says, "the fundamentals and basics of all movement, coming out as ordered motion with minimum effort, the net result being free discipline of the body."

"The sense of enjoyment derived from gaining conscious awareness of these natural principles . . . brings us close to Socrates' phrase, 'Know thyself.'* This knowing of oneself, through one's physical being, may not be a panacea for life's vicissitudes and turbulences, but it does add to one's vitality and gives more sustenance by which to cope with the problems," she says.

Miss Linden's lecture will begin at 7 p.m.

WHY YOU SHOULD NOT EXERCISE

Weightlessness for Earthlings



By MILLICENT LINDEN

HER STRETCHES BACK TO DA VINCI =

Take it from Millicent Linden, if President Kennedy had bowed up on Leonardo da Vinci's writings, he wouldn't have had that back strain last spring. Instead, you should —

very slowly, with your palms still on the floor. This stretch, Miss Linden says, utilizes Newton's Third Law among other things that her stretches can give one a feeling of weightlessness.

NEW YORK POST WEDNESDAY

As a result, the new writer has a book entitled "Why You Should Not Exercise." Instead, you should —

The first one is called "The Embryo Stretch."

very slowly, with your palms still on the floor. This stretch, Miss Linden says, utilizes Newton's Third Law among other things that her stretches can give one a feeling of weightlessness.

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NEW YORK POST WEDNESDAY

ADVICE TO PRESIDENT COMES LATE

Spare That Back; Don't Exercise, Stretch

WASHINGTON (AP) — Take it from Millicent Linden, the last century artist: the book, "The Embryo Stretch," is called that. Answer is the "quadruped" — you stand squarely on —

WASHINGTON, D. C., February 4, 1952

Wednesday, July 13, 1962

Stretching Proponent Teaching 'Freedom' to Residents of Jail

By DICK WEST

WASHINGTON (UPI) — There was this lady who called me up and reported that she had been "teaching freedom" to prisoners at —

Thursday, Sept. 28, 1961 PAGE 11
THE SAN FRANCISCO CHRONICLE

AUTHOR MILICENT LINDEN
President could have avoided a backache

No Straining, Just Stretch

Washington

Take it from Millicent Linden, if President Kennedy had bowed up on Leonardo da Vinci's writings, he wouldn't have suffered a back strain last spring.

The President would have known how to keep his backbone straight in a natural sort of way, and wouldn't have put it out of whack, she says.

Miss Linden, who can do ballet and also sing, has delved into physical principles propounded by da Vinci, the 15th Century artist-engineer, and the writings of Isaac Newton and the atomic scientists.

As a result, she has written a book entitled "Why You Should Not Exercise."

Instead, you should stretch, as a cat does when awakened from a nap, but you have to adapt the stretch to the human body.

Five stretches are outlined in the book. To the uninitiated they might look suspiciously like exercises. Perhaps the thought, says Miss Linden, "Exercises are contrived bodily movements," she says, while her stretches are natural movements, completely painless and just as good as bones.

The first one is called the "embryo stretch." You curl up like a baby before birth, with your hands wrapped around your toes. Then you extend first one leg and then the other, with your fingers still on your toes.

Another is the "quadruped stretch." You stand squarely on both feet, bend your knees and place the palms of your hands on the floor. Let your head hang down with "quiet abandon." Then straighten your knees very slowly, with your palms still on the floor.

This stretch, Miss Linden says, utilizes Newton's third law of motion—for every action, there is an opposite and equal reaction. Among other results, it improves the complexion.

Miss Linden says her stretches are aimed primarily at businessmen of ability, who go popping off like flies because of the tension they're under.

Miss Linden, demonstrating her stretches to a reporter and photographer, had a bit of difficulty because her foot-locks were bending.

Confound those things, they won't let me go," she said.

Associated Press

lar system and the atom.

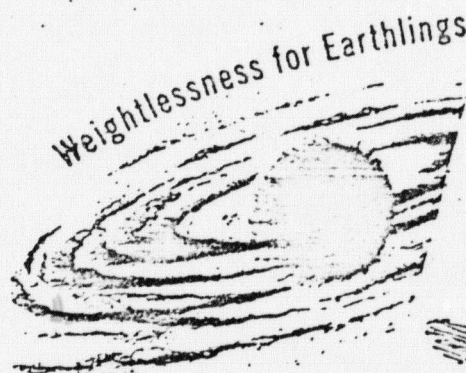
Her stretches, five of which are outlined in the book, employ "natural principles discovered more than four centuries ago by Leonardo da Vinci." They also take into account Newton's third law of motion.

THE AIM. Miss Linden explained, is to "pull away from gravity" and acquire a sensation of weightlessness similar to that experienced by the astronauts.

Most people she added, make the mistake of trying to stretch like a cat. They are unable to do this because "the process of evolution is incomplete," she said.

Miss Linden meant by —

WHY YOU SHOULD NOT EXERCISE



By MILICENT

THE SUNDAY STAR
Washington, D. C., February 4,

Stretch and Grow Glamorous

Forget about that diet, girls. Stop torturing yourself with kicks and bumps and bends. Millicent Linden, a sparkling, sylph-like creature who has taught her theories of body dynamics throughout the country (including to the West Point plebs) describes them in a fascinating little book, "Why You Should NOT Exercise." Quoting Da Vinci, "Every heavy body strives to lose its heaviness" (now true!), she describes how stretching is superior to exercise in achieving buoyancy and bounce.

RECRUIT: "But Sarge, the A.M.A. says this is unsafe!"
SERGEANT: "Very interesting, but this girl's the A.M.A. is it?"

Washington, D. C.
April 15, 1952

The Body Beautiful

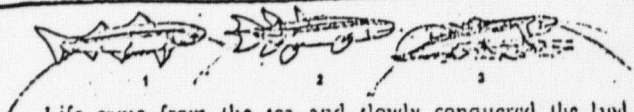
Mention of Millicent Linden's book, "Why You Should Not Exercise," brought a storm of inquiries to this column. The author now announces that at 8 p.m., April 18, she will give a free lecture at the YWCA to be illustrated by the film "About Time," from the Ball Science Series. Topic: "How Time Gives You Weightlessness With Exercise or D-ding." Miss Linden will demonstrate her own body dynamics that she claims will keep anyone slim and trim.

BEST COPY AVAILABLE

ALL LIFE STEMS FROM THE
CONCAVE CURVE

214 / Stretch for Life

EVOLUTIONARY CONCAVE THE LADDER ARCHING AND



Life came from the sea and slowly conquered the land, always ascending in form and defying gravity.

The most profound skeletal changes in the upward trend occurred when we went from a four-legged to a two-legged mode of locomotion.

The adaptation of the human body to the requirements of the upright posture, although not perfect, is well-blocked out. The fundamental adjustments have already been achieved.

If man continues to exist, he will continue to evolve. The forces that wrought the present status have not abdicated their functions.

Any improvement in man's adaptation in the ladder of life, in the constant defiance of gravity, would help characterize future man.

Man, who has learned to control the elements around him and to fashion his own culture, can also take over the function of directing his skeletal evolution by taking small steps toward a more erect posture. Though it be but a small degree, even as much as a grain of sand, it would be at his



THE CONSTANT THEME
IN HISTORY OF LIFE IS
THE CONSTANT MOVE UPWARD

AIRY

OF LIFE :

AND

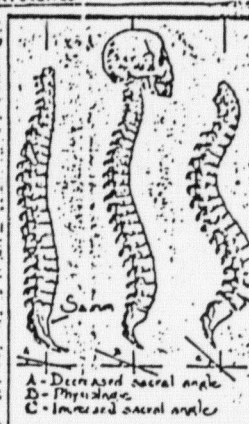
EXTENDING



direction, and he would be exploring the inner spaces of his own physical home—his body—as well as taking up the exploration of the outer spaces around his home.

The TENSION-in-REPOSE special stretches improve on the present adaptation of the human skeleton because they contribute toward a more erect posture in a naturally free and flexible manner. Since they are themselves evolutionary in their development of the body—through nature's own laws—man may reach a little more for the stars while still walking the earth.

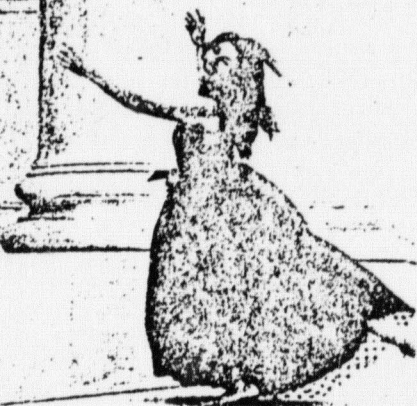
The skeletal drawing next to man's present posture depicts the more erect position achieved through the special stretches of Tension-in-Repose.



MOVING UPWARD IS
RESISTING THE
DOWNWARD TUG OF GRAVITY - C
GRAVITY IS RESISTED
WITH THE CONCAVE CURVE

ALL LIFT
STEMS FROM
THE CONCAVE
CURVE

The Nine Worlds of Millicent Linden



Tension - in - Repose

500 EAST 74TH STREET
NEW YORK, N. Y. 10021

MILlicent LINDEN, DIRECTOR
(212) 288-9453

Pictorial Living

A high priestess of "doin' what comes natchery," Millicent Linden can always succeed in getting the happy attention of bulging Americans when she tells them to avoid exercise like a plague.

And when she informs them that her own exciting figure is maintained by following her exclusive *Tension in Repose* program, that is all the proof they need. They are sold, hooked on her system of "stretches" for muscle tone and general physical contentment. Even physicians have approved, in writing, the methods of the dark-haired, vivacious New York girl who was born just a stretch from Union Square and still lives in the neighborhood.

Her system had its origin only four years ago in the highly unlikely environment of the U. S. Military Academy at West Point, which capitulated to Miss Linden without even a token resistance. Miss Linden, a professional singer then filling a club engagement in Greenwich, Connecticut, hit upon the idea of teaching the West Point cadets some rudiments of ballroom dancing. Entirely on her own, she outlined a plan to the academy authorities and it was accepted.

"The cadets were learning all about how to lead men in battle," she says, "but they didn't know how to lead a girl on the dance floor."

While showing the cadets how to avoid falling over their partners' feet, Miss Linden made some discoveries in body motion which, according to her, jibed with Newton's law on "every action having a reaction" and Leonardo da Vinci's concepts of gravity and levity.

Recalling how she occasionally had stretched her body as a "warm-up" to stage appearances, Miss Linden combined this experience with her findings at West Point and hatched a "Background for Business" program of physical conditioning which she took to Washington, D.C.

The nation's capital happened to provide the backdrop to this launching because Miss Linden, at the same time, had been engaged to teach a couple of Congressmen how to stretch. A pretty full program, you would say? Well, before long she

SHE has carried her gospel of "stretch" into worlds as far apart as ballet and West Point.

was sandwiching trips to the District of Columbia prison between sessions of imparting her stretches to dowagers, lawmakers and bankers.

"At the prison, the women inmates were anxious to improve their appearance before their release," said Miss Linden. "The stretches went over so big with the girls that I even named one of my stretch positions the 'Shirley' for one of my pupils. The girls claimed they flattened their tummies through the stretches, felt better, slept better and, in general, improved their total outlook."

It was about this time that Miss Linden expanded her program of five basic stretches to 12—the embryo, the rowboat, the spread eagle, the Shirley, the side fan, the roly-poly, the quadruped, the half-wheel, the spring kick, the half knee bend, the slow side arc and the bridge—and turned out two books about them.

Returning to New York, Miss Linden, on invitation of the City Youth Board, began teaching her stretches to narcotics addicts in Metropolitan Hospital with, judging from the testimonials, salutary results. She expanded this program to include follow-up work among discharged addicts at an East Harlem Church. She even has taught her stretches to recovered accident victims, who feel they have lost some of their flexibility.

Now at work on a third book, an expansion of her first, *Why You Should Not Exercise*, Miss Linden this year has also been giving her stretch techniques to classes at George Chaffee's ballet school in New York. Many pupils have written her that they have achieved new lightness and grace through the program.

So, in four short years, Miss Linden has moved rapidly through the nine worlds of entertainment, the military, Congress, business executives, prisons, hospitals, churches, ballet and publishing.

How does she do it?

"By stretching, of course," she says brightly. Time, she means, as well as muscles.

-By ROBERT CERRITY

THE JOURNAL-AMERICAN'S WEEKLY MAGAZINE — SEPTEMBER 22, 1963

Tension in Repose



Basic Home Series Course

\$ 4.95

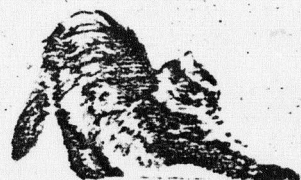
THE LONG ARM OF BIOLOGICAL LAW

s - t - r - e - t - c - h - e - s

out to reach you with

Tension - in - Repose

to



- . protect your heart
- . stretch you slim
- . strengthen your back
- . relax tensions
- . sleep like a baby
- . defy addictions
- . enhance all love
- . resist impotence
- . make you buoyant
- . refresh jet fatigue
- . regain lost height
- . get rid of minor headaches
- . resist colds
- . regulate your appetite
- . ease chronic ailments
- . improve your memory
- . take away muscle soreness
- . relieve the stress of boredom
- . increase physical stamina
- . make your good health healthier
- . give you an other-worldly serenity
- . return you to nature's warm and inviting fold familiar to all babies and animals

"Your concepts are fascinating, and you express many things with which we concur." Dr. Virginia Johnson, of the Masters & Johnson team.

Today The Journal-American presents the first in a series of articles from Millicent Linden's new book, "Tension in Repose." In it she offers her theory of converting the body's natural tension into energy. So . . .

Sun., Mar. 20, 1966

By MILLICENT LINDEN

BEFORE WE TREAT tension like an unwelcome guest, we ought to understand some of its basic purposes first. Only through understanding the meaning and function of tension can we deal with it both appreciatively and effectively.

Tension is natural: the quiet tension of sleep; the tension of daily routine; and even the tension felt under great stress and strain. Excessive tension is the normal reaction to provocation and frustration added to the already constant stream of trivial irritants in life.

Think of the rhythm of the four seasons. It seems so natural to start with the Spring of the year when everything bursts into life, into movement which starts from beneath the surface of the earth. The plants push their way through the earth to supply life-giving food for the body and food for the soul from the fragrance and beauty of the blossoms and flowers.

In Summer, the plants of life continue to grow; movement is accelerated to ready the crops for Autumn. The plants to be picked and enjoyed will be used to sustain life for people and to be stored for the Winter.

Winter is a time of rest which permits the earth to replace the energy she used up in making the plants come to life. Then it can begin again, in the Spring, new and refreshed.

TO SEE the rhythmic pattern of another branch of life which literally surrounds us, we look at the twenty-four-hour cycle of our daily lives.

When you awaken, whether with a smooth, easy and delicious awakening or a groggy beginning, you are about to start a twenty-four-hour rhythm and pattern of movement and rest.

While you were sleeping, your body was putting back the energies you used up the day before. In the unconscious state of sleep, your heart kept beating, and your blood kept moving, circulating throughout your entire body. Although you are unaware of this in the unconscious state, the tension of life keeps everything within you moving.

But awake, you begin to move with a conscious tension. You begin your day's actions. Off you go to "battle the dragon," to work, that is, so you can buy food and provide clothing and shelter to withstand the elements.

Modern dangers confront us, and so we become tense from the daily threats to our safety, well-being, happiness and self-esteem. Threats like illness, accidents, violence, economic anxieties, job problems and domestic relations. Tension, an essential function of living, just as hunger and thirst are, keeps us constantly straining at the bit all day long. Until, finally, we know we **MUST** relax.

As a climax to the working day, you try to plan some kind of enjoyable activity and/or leisurely dinner. The shift of activity from one type to another, such as from work to play, provides a sense of relief, a discharge from the one movement into another.

To be able to rest as you move is to put back your energy as you use it. In such a system, tension and repose would then become "tension-in-repose."

With "tension-in-repose," we would have a true balance of movement and rest which would absorb your normal and excess tensions into a dynamic whole. Each cycle of movement and rest would be complete, and you would be more likely to return to the starting point of total rest instead of beginning each day with some of yesterday's fatigue still lingering.

THE CLUES for this new rhythmic cycle of movement and rest, of tension-in-repose, for the human body have been taken from the most basic fundamentals of the sciences of physics, geometry, engineering and physiology, all of which are nothing more than the discoveries of some of nature's consistent, universal principles.

If you happen to think that this will result in mere cold dogma, be patient and let this writer help you demonstrate for yourself the exciting romance which is the rationale of the universe and which is exemplified and latent within you—in your entire being.

Within you and within every living organism in the universe are individual resources and reserves of energy. There is no excitement to compare with the tapping of these reserves and sources of energy,

Who Needs Tension!



LEARNING TO GO WITH THE TIDE is learning the secret of tension and repose. Walk along the beach and watch the perfect timing and rhythm of the sea and realize that much can be learned from nature.

which are now unused, unseen and unfelt. The moment you begin to apply some of the particular fundamental principles of the various sciences to your body, you will begin to use your untapped inner and deeper resources of life.

The dividends are many. When you find you are enjoying relaxed-motion, a trimmed waistline, a flattened abdomen, resilient and flexible muscles, deeper breathing, sounder sleep, an automatic, built-in regulator for your appetite, improved circulation, a higher tolerance of life's constant and excessive irritations, freedom from boredom, relief from overstrain, improved coordination in all physical movements, including sexual activity and more erect, posture with the sense of weightlessness, then you will be able to say "feeling is believing."

NATURE captures the imagination with her splendor and the reason with her simplicity. Everyone marvels at how exciting it is each time we discover a cherished secret. But the real wonder is not so much in knowing nature's simple, logical workings, but in the fact that over so many centuries intelligent people have continually advocated contrived movements which obviously cause serious injury, despite the always available form of natural movement which does not cause damage to the body at any time.

Could reasoning powers themselves be responsible for this oversight? All creatures who have not the gift of reason are simply obliged to react naturally to their physiological needs. An inherent quality in all animals is the daily need to fully stretch each part of the whole body after each resting period.

Notice how any animal—cat, dog, bird—will not move after awakening or resting until he has stretched every part of his body. Unhampered by conscious thought, he comes alive with pleasure and enjoyment as he instinctively *s-t-r-e-t-c-h-e-s* himself to the nth degree, moving to the full extent his body will permit comfortably. He does it slowly, gently, lovingly and smoothly, relishing every glorious, luxurious second of it.

Stretching must be made as simple for man as it is for the animal. From the animal we learn that the **ACT** of stretching is natural movement. It does not exhaust them, it refreshes and strengthens the muscles.

FROM MEDICINE and physiology, we learn that the inherent quality of the muscles is stretching. To stretch is to create a continuous line, length or distance; it is the drawing out of the muscles to full length or width; hence to draw tight or tighten the muscles. You have only to stretch a rubber band to see the physical changes in the rubber; to see it tighten in the middle and spring back into place when released. Stretching muscles in living creatures contract in the middle, tightening the fiber as the whole muscle moves far and wide all around its center.

The stretching animal extends his muscles to their full length and tightens them at the same time, keeping them firm and taut while at the same time eliminating any possible danger to his well-being.

People do have a natural tendency to stretch upon arising in the morning or after prolonged sitting or resting, but it must be remembered that man cannot mimic the animal's act of stretching nor get as much out of it. The anatomical construction of the quadruped and the biped, the animal and man, are different. Man must contend with his imperfect spine while the animal's rests comfortably across four pillars providing sound engineering principles.

When the human being stretches "naturally," he is bending backward at exactly that part of the spine in the lower back which is the weak link in the chain of vertebrae.

There is a paradox present here. Despite the fact that the human spine has an imperfection and that the animal's is based on sound engineering principles, the nearer the animal's bones approximate the proportions of human construction, the more flexibility of movement the animal is capable of. There is an invitation in this fact to encourage and enhance man's inherent and unguessed at potential of power of movement.

(From the book "Tension in Repose," published by Fawcett Publications, Inc. Copyright, 1966, by Millicent Linden.)

NEXT SUNDAY: Get Started

**With the Exercises
STRETCHES**

TENSION-in-REPOSE

MILLICENT LINDEN, DIRECTOR

Dear M's Linden

Please send me your 2.00 Booklet I have a copy of T-in-R. I have tried to do the stretches and work on it for 5 years. I would love to be motivated by you personally - with a copy of T-in-R in hand. - I got down on the floor and followed instructions the best I could - I know I've helped wonderfully - the effects? stroke even my attitude - thinking - improved greatly - my outlook - There have always been prophets - cry in the wilderness -

Cry on!! and God Bless you

Sincerely

March 21-74

Dear Millicent,
Just read a few chapters here and there of Tension in Repose. It's the most valuable, informative book I've ever run across. It belongs to a friend of mine and I have called at least a dozen book stores here in Phoenix to no avail. At last, I did, at least, get your address. Would you please send me the book? Also would love to hear from you, and I am very impressed with your ideas and insight (over).

Phoenix, Arizona
85013

P.S. If you have paperbacked, send me eight copies instead of the one hard back.

"I have a copy of T-in-R...and work on it for 5 years. ...I have been helped wonderfully from the effects of stroke even my attitude - thinking - improved greatly - my outlook. ...There have always been prophets - cry in the wilderness - Cry on!!

"Just read a few chapters here and there of Tension in Repose. It's the most valuable, informative book I've ever run across.....I am very impressed with your ideas & insight send me eight copies.....

HERE IS WHAT DOCTORS SAY

About This Revolutionary System Of
"Non-Exercise":

"I fully appreciate the importance of all that you have written, and will pass on to my patients what you have to say."—M. Oliver, M.C.S.P., chartered Physiotherapist, Capetown, South Africa.

"I publish the Asthmatic Patient, and would like permission to publish your movements used in the New York Hospital...I personally have done almost all the movements and find them exactly as you have described. Please list me as one of your supporters."—Ethan Allan Browne, Boston, Mass.

From a pamphlet distributed by the Anti-Smoking Clinic, New York Hospital, Cornell Medical Center: "Contained within are specifically designed stretches to help the smoker who has stopped smoking, or who has cut down cigarette consumption...."

Contrary to familiar exercises, these movements are done with gentleness. This gentleness and tender care enables the performer to ease into each movement. This naturally creates a minimum of exertion with a maximum return for the effort.

The movements are easy and simple. Each stretch is done but once at each performance.

The purpose of these exercises is to relax the body without lethargy, to trim the waistline and keep it trim, to tone up the abdominal muscles, to stand straighter without further effort, to feel more buoyant, and to keep the body in readiness for more active work or sports."

HERE'S WHAT PATIENTS SAY:

"I have a bad case of artery hardening, so I tried the stretch you recommended. It has done more for me than any pills I have taken. I do the stretch at night, and I can feel the blood circulating in my legs."—Ruth Sterns, Sacramento, Cal.

"How I have improved doing your stretches. Before I started the stretches, I had quite a lot of arthritic pain in my back and arms. Now I have no pain, but a sense of well-being and aliveness in my body."—Mrs. T. Martin, New York.

"There is really something great in these stretches, simple and easy as they appear at first. It is unfortunate how many people believe in punishing themselves by hard exercising. I have tried it, so I know. I don't get tired at all now."

—Hilka Renne, Wash., D.C.

FROM TRAINED ATHLETES AND DANCERS:

(If these stretches can slim them down, think what they can do for you!)

"My legs are slimming and reshaping. I feel less fatigue during the practice sessions."—A.V., New York ballerina.

"My waistline is trimmer, but more connected, though I have lost no weight."—L.D., Montreal ballerina.

"I feel as though I'd been through a whole day's workout - except that I'm not tired at all."—A physical-training instructor at a New York City police academy.

HERE'S WHAT THE PRESS SAYS:

From Harper's Bazaar: "Frees you like a bird from the prison of your tensions, and provides liberating new beauty for the body...How can anything so relaxing and pleasant work such wonders? But lo, it does! These natural, deep-breathing, tension dissipating movements do almost magically renew the body's energy, create inner calm, and induce sound sleep...What's more, they never tax the heart; always lighten and free the muscles."

From the Washington, D.C. STAR: "Forget about that diet...Stop torturing yourself with kicks and bumps and bends. Millicent Linden describes how stretching is superior to exercise in achieving buoyancy and bounce."

HERE'S WHAT DRUG ADDICTS SAY:

(If these simple stretches can relax them so completely, just think what they can do for you!)

"The way I was feeling, I felt that nothing in the world but a shot of dope could make my body and mind feel comfortable."

But after doing several of these stretches, the most remarkable things began to happen. The aches and pains suddenly left my body, and I felt a strange feeling of elation surge through me. That night I can honestly say that I had a full night's sleep in a long time."—(A.R., New York City).

"What a relief I felt to release, to suddenly relax—a sense of freedom I cannot explain. I had needed tranquilizers to sleep, before I came to know this heavenly, inner tranquility that contributes toward peace of mind."

I now sleep without the aid of medicine."
—W.D., New York City

Tension - in - Repose

BALANCE IN THE UNIVERSE
BEGINS WITH THE
SPIRAL



The SPIRAL in all celestial & earthly bodies balances the tensions of motion and rest together



500 EAST 74TH STREET - NEW YORK, N. Y. 10021
(212) 288-9453 MILICENT LINDEN, DIRECTOR

PRESSURE IS IN ALL THINGS AT ALL TIMES: GOOD & BAD PRESSURE

BAD pressure is uneven pressure—the unevenness of imbalance which disintegrates.
GOOD pressure is even pressure found in balance which integrates

Bad design means unequal pressure and bad balance; good design means equal pressure and great, keen balance. Great balance is great harmony & great love.

TENSION-in-REPOSE begins with the fundamental design of harmony in the universe: the SPIRAL. From the fundamental design of the spiral, a series comprise a variety of patterns of natural stretching movements which equalize muscle pressure. Equalized muscle pressure removes all strain, allows motion and rest to work together in complete harmony and dynamic efficiency. Body functions move freely and to capacity to enhance breathing, circulation, assimilation of food & drink & all physical actions; blood pressure normalizes.

Your survival depends first and foremost on muscle pressure; the efficiency of all body functions depends upon the efficiency of muscle pressure. With the dynamic efficiency of equalized muscle pressure, food, for example, is processed more completely - cells work better and leave no waste behind to disfigure your body, and they make the most of what is assimilated. The same stepped up efficiency applies to other body functions and processes:

your respiration is enhanced - involuntarily, as respiration is and should remain; sleep is sweet like an infant's; chronic aches, like back problems, ease away; unwanted habits of addictions are displaced by the new inner serenity, like the calm in the center of every storm; weight is re-distributed to give you slender fullness in symmetrical proportions; the greater balance relaxes all tensions; appetite is automatically regulated; memory improves; stress of boredom is relieved; colds are resisted; good health becomes healthier; jet fatigue is refreshed instantly; easing muscle strain protects the heart; lost height is regained; all lovemaking takes on new, deeper dimensions; physical stamina is increased for work and play; and not least of all, you resist gravity on a cumulative basis.

Nature means for you to resist gravity, to feel the luxury of buoyancy. Your body weight is your body mass plus the pull of gravity. You can only resist and pull away from the downward tug of gravity through the natural curve of the concave arch - which you see in the SPIRAL. The smooth, full, continuous line of the concave curve returns you to nature's warm, inviting fold familiar to all babies and animals. Your disposition radiates with the glow

All those beautiful, luxurious, sensuous, highly desired experiences are GUARANTEED - not by any manufacturer or any member of the human species, but by nature itself, because nature does not deceive and is always consistent.

The TENSION-in-REPOSE HOME SERIES COURSE contains the fundamental patterns - 3 large charts providing private-like instructions plus a descriptive booklet. Send \$4.95 to the above address for your copy: join the world of the universe!

AFFIDAVIT OF SERVICE BY MAIL

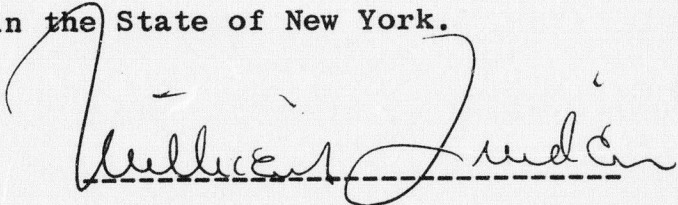
UNITED STATES COURT OF APPEALS)
FOR THE EASTERN DISTRICT)
: SS.:
COUNTY OF NEW YORK -----)

Millicent Linden, being duly sworn, deposes
and says that she is over 18 years of age and resides at
500 East 74th Street, New York, New York 10021.

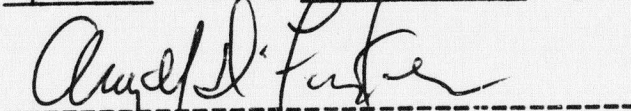
On December 13, 1976, deponent served the
within MOTION & BRIEF ON APPEAL upon:

Nathan Novick
Defendant
P.O. Address:
25 West 43rd Street
New York, New York 10036

by depositing true copies of same enclosed in postpaid,
properly addressed wrappers, in a post office official de-
pository under the exclusive care and custody of the UNITED
STATES Postal Service within the State of New York.



SWORN TO BEFORE ME THIS
13th day of December, 1976



Notary Public

ANGEL FUSTER
NOTARY PUBLIC, State of New York
No. 31-4504110
Qualified in New York County
Commission Expires March 30, 1977.

76 Civ. 4404

UNITED STATES COURT OF APPEALS
FOR THE EASTERN DISTRICT

MILLICENT LINDEN,

Plaintiff,

- v -

NATHAN NOVICK,

Defendant.

MOTION FOR LEAVE TO APPEAL
BRIEF ON APPEAL

Millicent Linden
Plaintiff, Pro Se
500 East 74th Street
New York, New York 10021
BU.8-9453